Main Pool Fall 2016
September 6th - November 7th

the Y

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	*5:00-11:00 Lap Swim (all lanes)*	*5:00-9:00 Lap Swim 5+ lanes*	*5:00-9:00 Lap Swim (all lanes)*	*5:00-9:00 Lap Swim 5+ lanes*	*5:00-11:00 Lap Swim (all lanes)*	*7:00-9:00 Lap Swim 4+ Lanes available*	
7am		**7-7:45am Splash and Dash (Russ) lanes1-3**		**7-7:45am Splash and Dash (Russ) lanes 1-3**		**7:15-8:30am Masters Swim (Lns 5-8)**	**Pool opens at 9:15AM**
9am		**Deep Water Aerobics 9:00-9:45am (Ann)**	**Deep Water Aerobics 9:00-9:45am (Ann)**	**Deep Water Aerobics 9:00-9:45am (Ann)**		**8:30a-12:15p Swim Lessons lanes 6,7&8**	*Lap Swim 4+ Lanes 9:15-10am*
10am		**Lisbon Schools 9:45-10:45am lanes 6,7,8**	*9:00-11:00am Lap Swim 4+ Lanes*	*9:00-11:00am Lap Swim 4+ Lanes*		*9:00-12:30pm Lap swim lanes 3,4,5 or more*	9:15-10am Open Member Swim (2 lanes)
11am	**11:00-12:00 Aqua Exercise (Pat) lanes 1-4**		**11:00-12:00 Aqua Exercise (Pat) lanes 1-4**		**11:00-12:00 Aqua Exercise (Pat) lanes 1-4**		***Pool rental 10-11am (call for avail.)***
	11:00-12PM Lap Swim Lanes 5-8	*11:00-12PM Lap Swim Lanes 3-8*	*11:00-12PM Lap Swim Lanes 5-8*	*11:00-12PM Lap Swim Lanes 3-8*	*11:00-12PM Lap Swim Lanes 5-8*	11-12:30pm Open Swim lanes 1 & 2	Open/lap Swim 11-12:30pm
12n	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	***Pool rental 12:30-1:30pm (call for avail.)***	
1pm	*12-3pm Lap swim lanes 3-8*	*12-3pm Lap swim lanes 3-8*	*12-3pm Lap swim lanes 3-8*	*12-3pm Lap swim lanes 3-8*	*12-3pm Lap swim lanes 3-8*		
2pm						Open Swim/Lap Swim until 2:30pm	
3pm	**LRSC**	**LRSC**	**LRSC**	**LRSC**	**LRSC**		
4pm	**LRSC**	**LRSC**	**LRSC/ Youth Lesson 4:30-5:15pm**	**LRSC**	**LRSC**		
5pm	*5:15-8:00PM Lap Swim 5+ lanes*	**LRSC**	*5:15-6:00pm Lap Swim lanes 5-8*	**LRSC**	*5:15-8:00PM Lap Swim 6 lanes*		
	5:15-6pm water aerobics lanes 1-3	**LRSC**	**Porpoise Club/ water aerobics 5:15-6pm lanes 1-4**	**LRSC**	5:15- 8pm open swim lanes 1 and 2		
6pm	6:00- 8pm open swim lanes 1 and 2	**LRSC**	**LRSC 6pm-7pm**	**LRSC**			
7pm	*Lap Swim 5:15-8pm 6+ lanes*	*Lap Swim 7pm-8pm 6+ lanes*	*Lap Swim 7pm-8pm 6+ lanes*	*Lap Swim 7pm-8pm 6+ lanes*	*Lap Swim 5:15-8pm 6+ lanes*		

Please Shower before entering the pool and read through our pool rules, and swim test policies

Long Reach Swim Club fall season runs 9/19/16 - 3/5/17

Schedule is subject to change, go to www.bathymca.org for the most up to date changes and cancellations

Interested in swim lessons? Ask us about our Fall swim lesson sessions!
sean@bathymca.org OR areiley@bathymca.org

***Please note that our HOT TUB is drained and cleaned every Tuesday at 1pm and remains closed until approximately 4pm.**
Updated Pool Schedule as of : 8/18/2016

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I/T Pool Schedule 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim		
7am			**9-10:00am Parent/Child**			7:00-8:00AM Adult Open Swim	
9am	**9:30-10am Morse High**	**9-9:45am Preschool Lessons**	**10-10:30am Enrichment**	**9-9:45am Preschool Lessons**	9:00-10am Open Swim	**8:00-9:30a preschool lessons**	9:15-10:00am Open Swim
10am		**9:45-10:45 Lisbon**	**10:30-11am Enrichment**	**10-10:45 Learning Land**	**10-10:45 Little Schoolhouse**	**9:30-10am 3s Swim lessons**	
11am	10:00-12:00N Adult Swim	**10:45-11:30am Yarthritis (Doris)**	**11-11:30am Enrichment**	**10:45-11:30am Yarthritis (Doris)**		**10:00-11am youth lessons**	**10-11 Pool Rental (call for avail.)**
12pm		**11:30-12:15pm Yarthritis (Holly)**	11:30- 12:30PM Adult Swim	**11:30-12:15pm Yarthritis (Holly)**	10:45-12:00N Adult Open Swim	**11-11:30am Parents and child**	11:00-11:30 Adult Swim
1pm	12N-2 Open swim	12:15-1:00pm Open Swim	12:30-2:00PM Open Swim	12:15-1:00pm Open Swim	12N-1 Open swim	**11:30-12N Parents 2's and 3's**	11:30-12:30 Family swim
2pm		**1-3:30pm GBPT**	**Midcoast Hospital 2pm-3:30pm**	**1-3:30pm GBPT**	**1:00-1:30 Pathways**	12-12:30pm Adult Swim	
3pm	**Midcoast Hospital 2pm-3:30pm**	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim	1:30-4pm Open Swim	**12:30-1:30pm Rental**	
4pm	**4:30-5:15p Preschool Lessons**	**4:30-5:15p Preschool Lessons**	**4:30-5:15pm Youth Lessons**	**4:30-5:15pm Preschool Lessons**	**Y-Care Swim 4-4:45pm**	1:30-2:30pm Open Swim	
5pm	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:00-6:15pm Adult Swim		
6pm	6:15-7:15 Family Swim	6:15-7:15 Family Swim	6:15-7:15 Family Swim	6:15-7:00 Family Swim	6:15-7:15 Family Swim		
7pm	7:15-8:00 Adult Swim	7:15-8:00 Adult Swim	7:15-8:00 Adult Swim	**7-7:45PM H20 Aerobics (Kim)**	7:15-8:00PM Adult Swim		

The Hot tub is drained and cleaned every Tuesday from 1pm until approximately 4pm. Thank you for your understanding!

Updated schedule as of 8/18/2016

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